



Summer Competitive Week of June 12th – MESA

Swim Team

Everyone did an amazing job at the freestyle meet!

Next week is backstroke week! We will focus on finishing all the way to the wall!

Backstroke Meet: June 15th at Mesa. 10 and under should arrive at Mesa by 5:15pm and 11 and older at 7pm.

Backstroke Drills this week: Single arm backstroke; thumb out, pinky in; full body rotation while keeping your chin pointed up

Divisional Forms will be distributed June 19th, due dates will be announced and posted.

Dive Team

Meet Arrival Times:

- 8 & Under 5:30pm
- 9 & 10 6:15pm
- 11-12 7:00pm
- 13 & Up 7:30pm

-Meet is at Stapley

-Back Dive is required for everyone 11 and up

- divers need to go to one meet before city qualifiers in order to be eligible for championships.

Synchronized Swim Team

FIGURE MEET is on Tuesday at Skyline.

Younger girls arrive at 5:20pm and older girls arrive by 7pm. You must attend at least one figure meet to be eligible to compete at a routine meet!

ROUTINES will be given out this week, start thinking of music ideas.

GREAT JOB at your first figure meet, you girls did a great job! Keep it up!

Water Polo Team

Parent meeting video is posted on the Mesa Aquatics Complex Facebook page

The Match is at Brimhall Pool:
4949 E Southern Ave, Mesa, AZ 85206

Time:
10-12yrs at 7:30am
13-15yrs at 8:30am

Please bring water to every game and practice.